

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



Social Media Messages to promote Feb. 1—National Wear Red Day and for use throughout February (below)

Facebook—Women Vets: Take Heart

Wear Red Feb. 1 to raise awareness of heart disease in women Veterans. Although it is your most common health threat, too many women Veterans do not realize they have heart disease until it is too late. February is Healthy Heart Month and VA wants women to know that heart disease is the #1 cause of death in American women and women Veterans. Visit www.womenshealth.va.gov to take steps toward a healthier heart.

Twitter

Feb. 1 is National Wear Red Day. Sport some red and help raise awareness of heart disease in #women #Vets. www.womenshealth.va.gov

Facebook—Women Veterans: The Beat Goes On

Every minute your heart works hard, beating for you. Heart disease threatens to stop it. It's the #1 cause of death in women, can lead to disability & decrease quality of life. Learn about risk factors like high blood pressure and cholesterol, physical inactivity, diabetes & obesity: www.womenshealth.va.gov. Let VA help make sure the beat goes on.

Twitter

Heart disease is the #1 killer of #women #Vets. Are you at risk? Learn more: www.womenshealth.va.gov

African-American and Hispanic women are at a higher risk of heart disease. Find out why: www.womenshealth.va.gov

Heart disease is a silent killer & many #women #Vets do not recognize it until it's too late. Learn the signs: www.womenshealth.va.gov

High blood pressure, physical inactivity, diabetes, obesity — understand heart disease risk factors: www.womenshealth.va.gov

This Valentine's Day, take care of your heart. Find out how: www.womenshealth.va.gov